Photo History

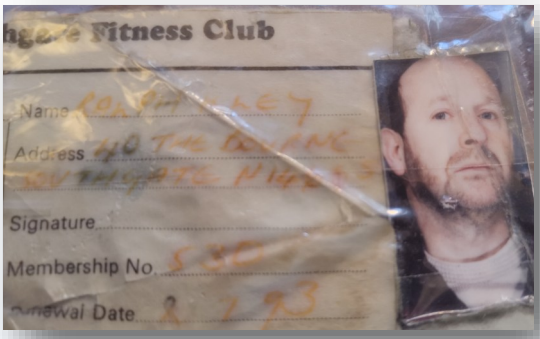
From March 2026

(Volume 207)

Cover Picture

Every year we enjoy the carpet of daffodils at Trent Park, and despite the massive development they have remained a wonderful feature

Our daily life has, despite retirement, developed its own routine and we both find this so necessary. Getting up at 5.00am ...a quick coffee and toast followed by Lynn running round the park in all weathers and chatting to regular dog walkers and others while I enjoy my hourly swim, again with a lot of banter with all the other regulars. Just found my original members card dated July '92)



This is then followed by our morning coffee and crumpets together. Weather permitting we enjoy this in the garden by the pond doing our goldfish count to make sure none have died (or been eaten). I realise this all sounds so mundane but a routine replaces the work scene and we feel it is very important (as is our exercise) We would hate to languish in bed like so many of our contemporaries but they also think we are totally mad. We then have a busy routine planned in our diaries (I say diaries...because mine is a Google diary on both phone and PC but my gorgeous luddite wife swears by her paper version.

She delights in proving how efficient hers is when I enter a date in the wrong month!. We do coordinate diaries frequently. All this might seem so boring but yes, we walk a lot, go to museums and art galleries...see friends frequently and with volunteering and the park run weekly we are finding a free day hard to plan. Lynn does her 'word wheel' religiously which keeps her brain active seeking forgotten words. I do these volumes and am often asked what will happen to them when I go on to pastures new?..I reply " You'll probably see the bonfire from the other end of town!" Maybe they'll become historic documents reflecting the life we live now just like Samuel Pepys Diaries. Who knows?

I will deliberately leave out the turmoil of politics stirred up by Trump. There will be far more detailed with eloquent versions available to anyone. Suffice it to say that the way things look at the time of writing (end of March 2026) things worldwide look grim. If the cost of living goes up here, surely it must be far worse in economies already suffering, but we are all selfish and only think how fuel prices and shopping costs effect us personally.

A few days ago we heard that our Larnie is completing on her first flat alone and she will miss the companionship and security of living at home with mum, but it's a great necessary step in life. Independence, managing to save, seeing what the 'real world' is all about secure in the knowledge that we are all here in the background for support.

She is her own person and very mature and we love her for that.

Peachy has also grown up so well and is touring Columbia with a friend and seeing the world and loving every minute. She had a great time with dad (DP) in Panama and they bonded as they worked together so that was wonderful to hear.

DP is, as always so different and buoyant and has made a great success in his own world and apparently the Panama festival was the best to date...so again we are so proud.

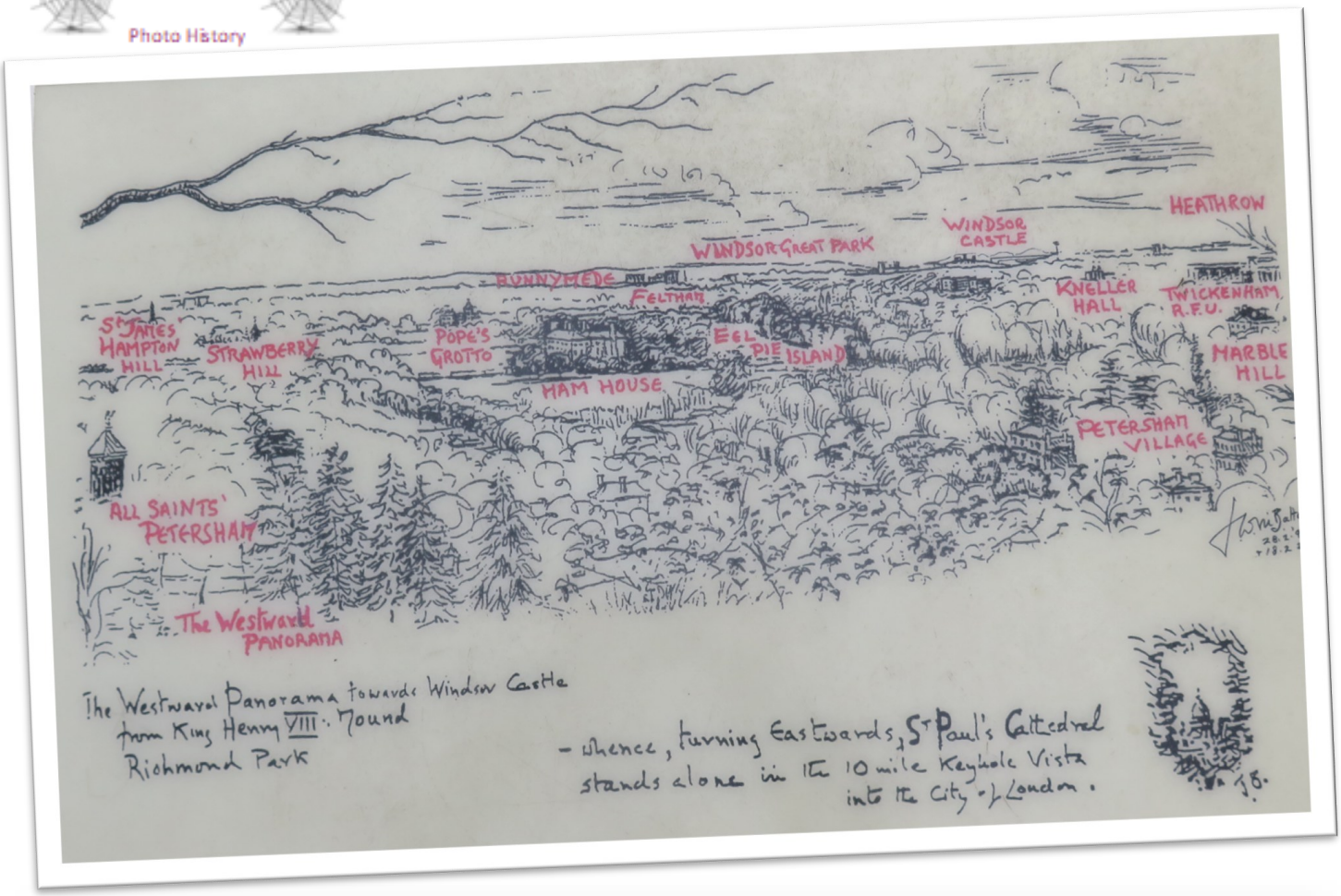
Beau, blagged his way to working with his sound system company saying he was a competent skier (not quite true) but he learnt totally speedily and had a great time working on the French Swiss border. Life can be great some times and he keeps in touch and is a great Dad to our Ottie.

She seems to be growing well and looks so lovely. We cant wait to see more of her as obviously she doesn't know who we are at the moment.

Our great daughter Tammy keeps in touch all the time and every photo of her and her great friends make us happy that we are not sharing a restaurant or café with that 'obviously noisy, laughing gaggle of girls' I know that she will miss having The Larn at home as they are inseparable but realistically she is not too far away.

While writing this today, we have just finished one of our Park Runs and with the sunny day and coffee afterwards with friends and then an afternoon spent with Penny and Barry makes us really appreciate our happy life. We really seem to do such a variety of different activities and enjoy the company of so many family and friends that makes us appreciate how much we have and especially seeing so many contemporaries having health issues underlines our need to continue with our runs, walks and swims as long as we are physically able. When we can't we will fill the time with walks and other more sedentary activities so these pages will be all set to bore for many a year to come...You have been warned!!

A walk round Richmond Park was relaxing and varied and the famous deer were totally unphased by people



The View from King Henry's Mound is on the highest part of Richmond Hill, overlooking the Thames Valley . It forms part of eight 'protected views' across London to St. Paul's Cathedral. It was originally a 'barrow' or burial mound dating back to prehistoric times

Elaine, Rennee, Vivy & Walter and Norma here for lunch in February 2026

Walklng around Trent Park we were aware that a really wild beast was following us

A few of us are linked in with the cows grazing in various local parks. Their electronic tags allow us to keep aware of where they are and they don't stray from the designated areas

What once was a college in the heart of Trent Park has now been transformed into an upmarket landscaped housing estate but in their wisdom (possibly rather than face local fury) Barratt's Homes retained the magnificent daffodil meadow

A fallen old tree in The Secret Garden seems to have fallen onto one of the small ornamental bridges

Photo History

Wetland Vegetation clearing in March 2026.

Walking down the new path to Salmon's Brook

Logs were ready to be placed in the brook to slow the flow and create a more traditional watercourse

NOTICE OF WORKS
SALMONS BROOK
VEGETATION
MANAGEMENT

Enfield Council is carrying out vegetation management works as part of the wider Salmons Brook River Restoration project. This includes some scrub clearance and tree thinning and removal as part of the enabling works to restore the watercourse to a natural state

These works will commence on 19th February and continue to April.

We apologise for any inconvenience these works may cause.
If you have any queries, please email
bluegreen@enfield.gov.uk

www.enfield.gov.uk

ENFIELD Council

The vegetation that was surrounding Salmon's Brook at the junction of the New Path down from Botany Bay had been cleared

We all worked on the remaining brush wood and brambles to create 'stumpies' in the adjacent tree-planted area

Lynn and were proud of our 'monster' stumpie'

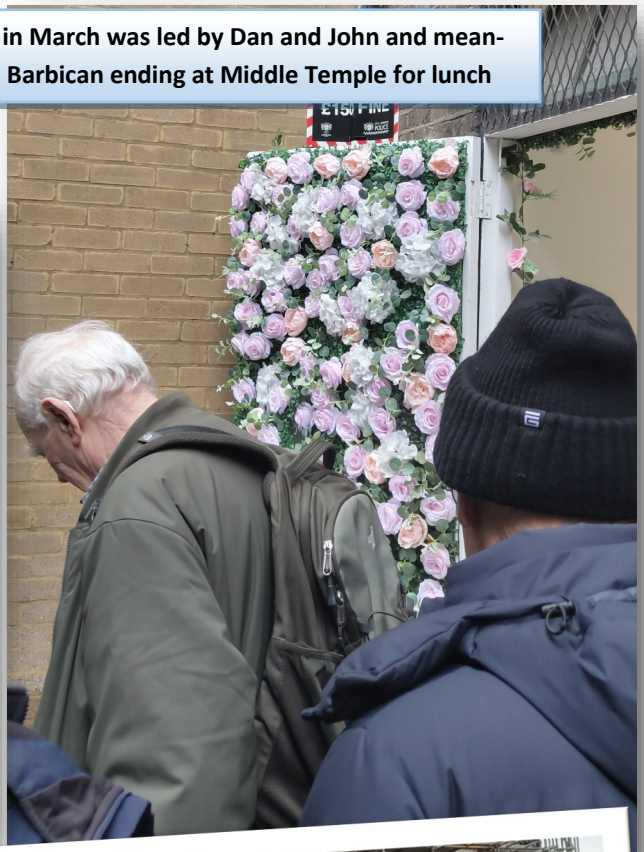
Our new 'hi vis' jackets proudly displayed

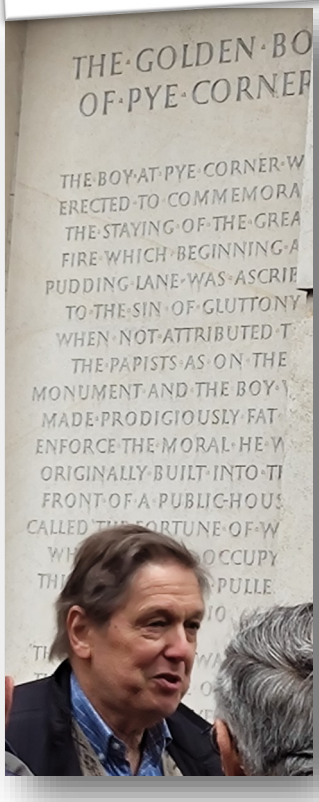
The idea of these 'stumpies' is for small insects and rodents to have a refuge and hopefully will encourage biodiversity to our new wooded areas

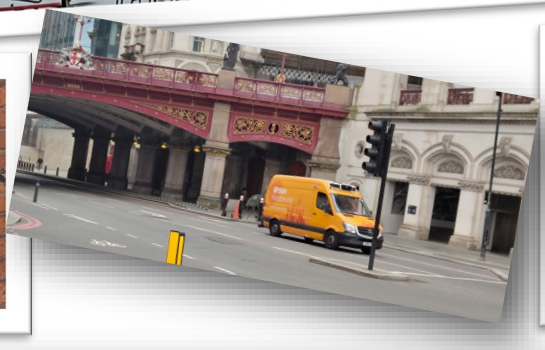
Andrew and James succeeded in installing a bird roost (it will be great if we see it being used)

This is one of the ponds that has naturalised well and seems like it has been there for ever

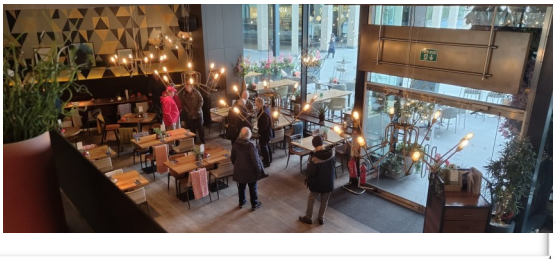
The 'Lad's Walk' in March was led by Dan and John and meandered from The Barbican ending at Middle Temple for lunch

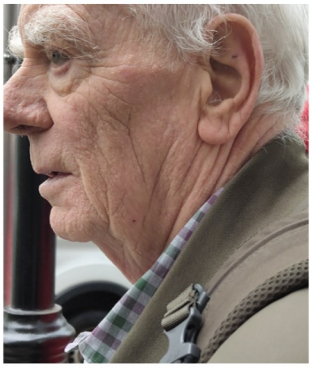






It's known as
"Taking The Pee"





The pigeon-scaring hawk

CLUB GASCON

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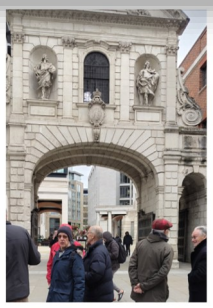
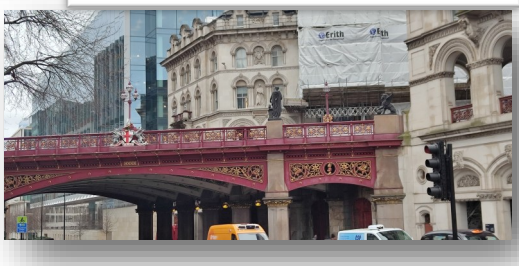
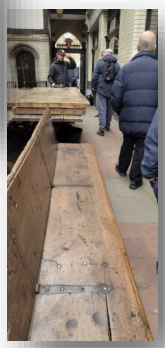
CHANCERY LANE





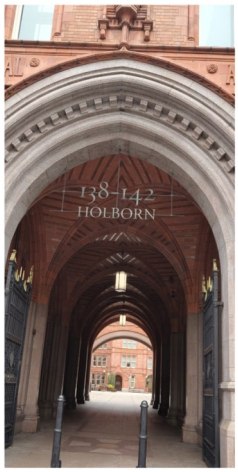
TESCO



City Sights

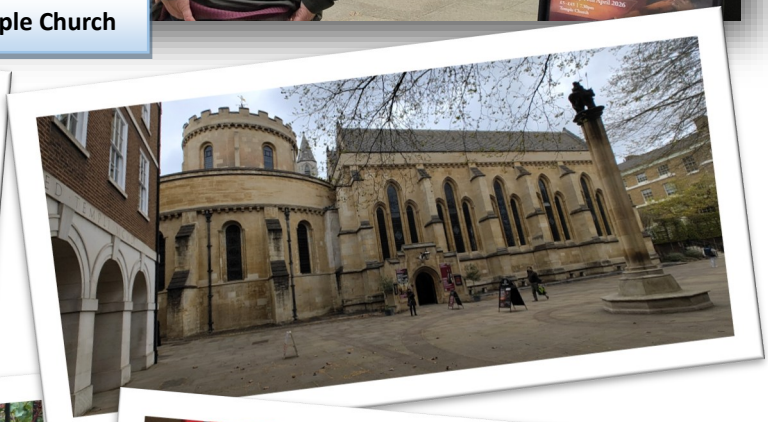
PRUDENTIAL ASSURANCE
138-142
HOLBORN

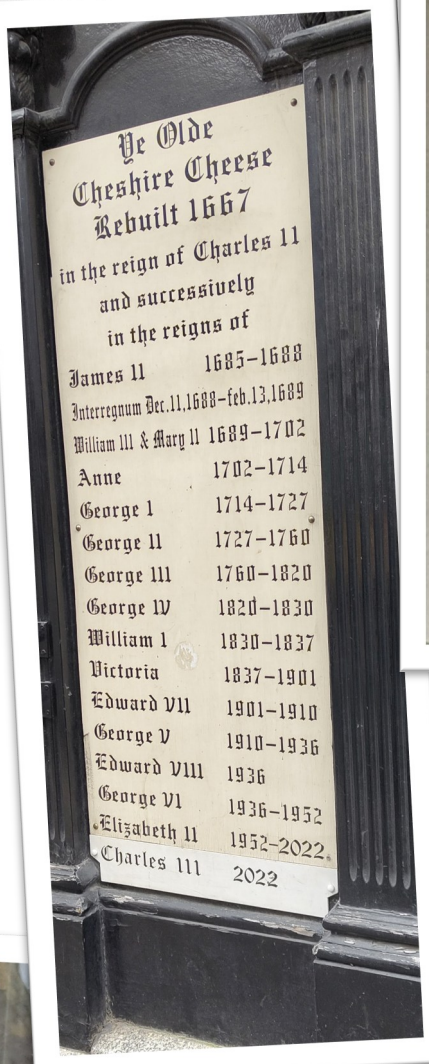
HESHIRE
COURT
EC4


138-142
HOLBORN

Around the Inns of Court and Smithfield

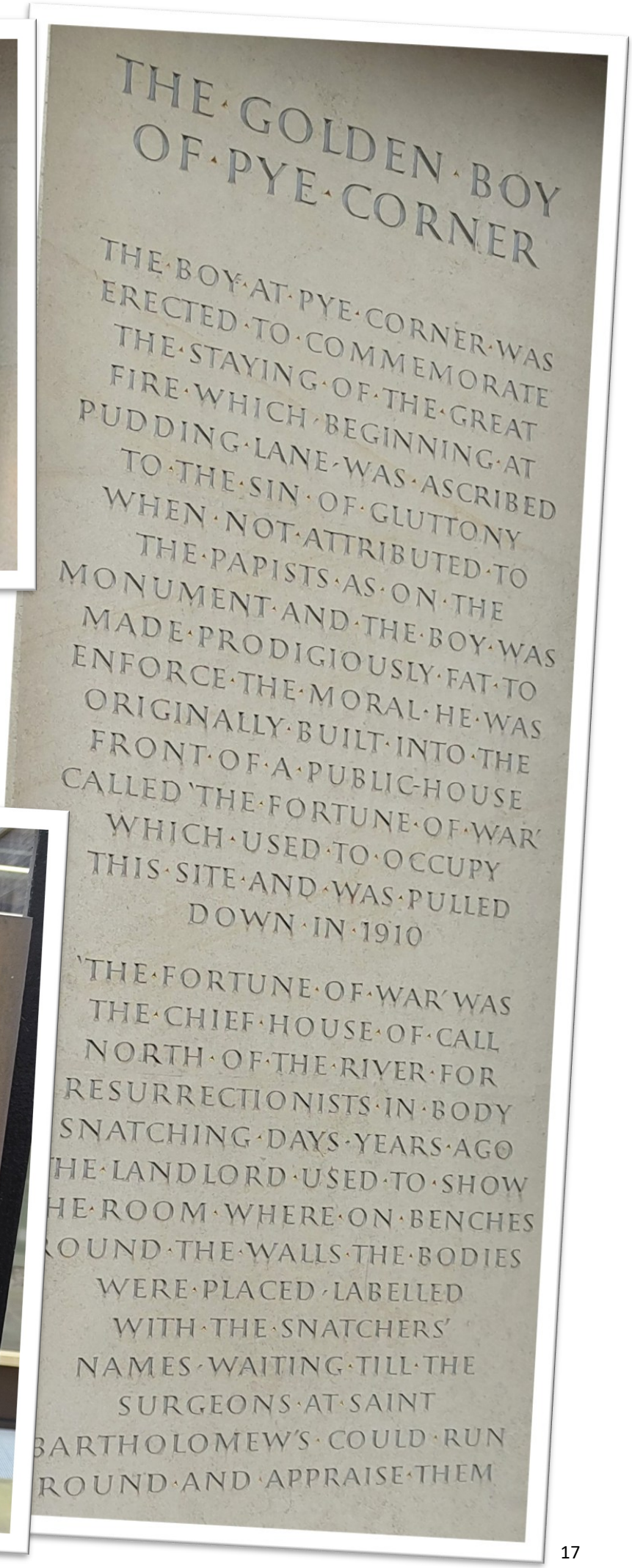
The Temple Church




Ye Olde
Cheshire Cheese
Rebuilt 1667
in the reign of Charles II
and successively
in the reigns of
James II 1685–1688
Interregnum Dec.11,1688–feb.13,1689
William III & Mary II 1689–1702
Anne 1702–1714
George I 1714–1727
George II 1727–1760
George III 1760–1820
George IV 1820–1830
William I 1830–1837
Victoria 1837–1901
Edward VII 1901–1910
George V 1910–1936
Edward VIII 1936
George VI 1936–1952
Elizabeth II 1952–2022
Charles III 2022

City Signs

WELCOME TO
BARTS SQUARE
IN AN EFFORT TO PROVIDE A COMFORTABLE, SAFE AND ENJOYABLE ENVIRONMENT FOR ALL THAT VISIT THE CLOISTER GARTH, PLEASE OBSERVE THE FOLLOWING RULES:
NO SMOKING
BBQ'S ARE STRICTLY PROHIBITED
NO DOGS PERMITTED ON THE LAWN
NO BALL GAMES
NO BIKES, SKATEBOARDS OR ELECTRIC SCOOTERS
NO PARTIES OR LARGE GATHERINGS WITHOUT PRIOR CONSENT FROM THE LANDLORD
NOISE IS TO BE KEPT TO A MINIMUM
PICNICS ARE PERMITTED BUT LITTER MUST BE CLEARED AWAY AFTER
CCTV IS IN OPERATION
Please note: The Cloister Garth is private land. Access is permitted with consent from the landlord and may be withdrawn from public use at any time.


THE GOLDEN BOY OF PYE CORNER
THE BOY AT PYE CORNER WAS ERECTED TO COMMEMORATE THE STAYING OF THE GREAT FIRE WHICH BEGINNING AT PUDDING LANE WAS ASCRIBED TO THE SIN OF GLUTTONY WHEN NOT ATTRIBUTED TO THE PAPISTS AS ON THE MONUMENT AND THE BOY WAS MADE PRODIGIOUSLY FAT TO ENFORCE THE MORAL HE WAS ORIGINALLY BUILT INTO THE FRONT OF A PUBLIC-HOUSE CALLED 'THE FORTUNE OF WAR' WHICH USED TO OCCUPY THIS SITE AND WAS PULLED DOWN IN 1910
'THE FORTUNE OF WAR' WAS THE CHIEF HOUSE OF CALL NORTH OF THE RIVER FOR RESURRECTIONISTS IN BODY SNATCHING DAYS YEARS AGO
HE LANDLORD USED TO SHOW
HE ROOM WHERE ON BENCHES
OUND THE WALLS THE BODIES WERE PLACED LABELLED WITH THE SNATCHERS' NAMES WAITING TILL THE SURGEONS AT SAINT BARTHOLOMEW'S COULD RUN ROUND AND APPRAISE THEM

He explained the shortest route to The Middle Temple for lunch but we still got lost

...but nothing stopped 16 of us arriving in good time and enjoying a great lunch

I always enjoy the everchanging London skyline.

The Park Run

Sat 28th March. Lynn has now done it 107 times and I have only done 93. Her time for the 5k was 43.57 mins and mine was 55.26 She was 259th out of 278 competitors whilst I was the sluggish 273rd...but we both love the atmosphere

Our busy road but still the beauty of the trees in blossom makes spring so special

At the end of March 2026 we did more goat willow popping, removing them from the new path and this time we made both a dry hedge and also a willow house , complete with roof. It was such a rewarding day and all the debris was repurposed.

The gate into the planted field

The dry hedge we built last time

Goat willow 'popping'

Lynn starting the new dry hedge

The trimmed bendy willow stems ready for weaving

The stages of constructing our Willow House

The 'cuppa' tastes so great after hard work

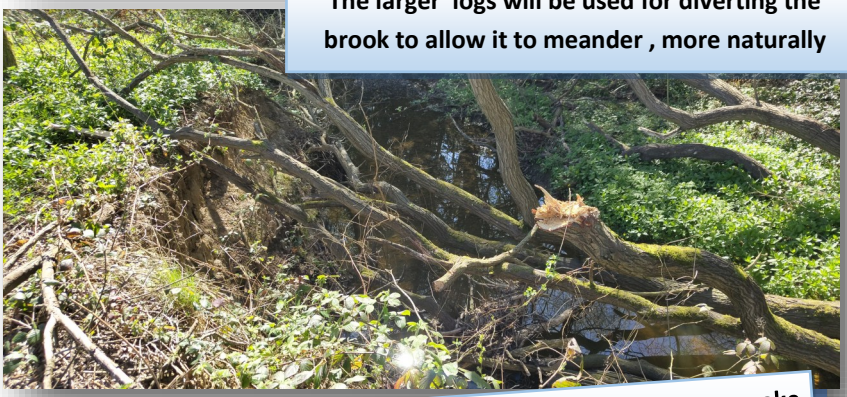
Two lovely volunteers with us for the day

Near Botany Bay Salmon's Brook has been cleared by the contactors and the scrub left is being put to good use by us.

Lynn helping to cut and load the mule for transporting it

A great spot for our tea break

The larger logs will be used for diverting the brook to allow it to meander , more naturally



Blue sky and white blossom make it a special place to be working

Lynn sawing away regardless

Opposite the house in the wooded area one of the old old oaks has finally 'given up' but it is still majestic in its retiring state

CONTRASTS

It is a strange strange world we live in now.

Today, for example, Trump has blustered his arrogant way into establishing a temporary 14 day peace in the Iran war situation. Iran retorted that any shipping not permitted through the Straits will be bombed.

Meanwhile American astronaut s have travelled further than man has ever ventured, viewing the far side of the moon.

Unbelievable contrasts

I get up at 5.00am and the world news reports from across the world on the radio detailing deaths by bombing, starvation, civil wars and this is followed by sports news, where victories are applauded.

Unbelievable contrasts

Constantly we are able to view wonderful wildlife programmes featuring close ups of insects, marine life and other amazing natural photography that only a few years ago wouldn't have been possible to film.

We change channels to watch yet another drama with violence depicted in gory detail in the name of entertainment

Unbelievable contrasts

Poverty, where families burrow into waste dumps to salvage plastic bottles that can be crushed and earn them a mere pittance but this is all they have to live on.

.Meanwhile wealthy individuals have assets in excess of the GDP of large countries.

Unbelievable contrasts

More and more Lynn and I feel the madness around us is more than we can absorb and our countryside walks, time spent with friends and just 'switching off' is the only way we can handle this madness.

Yes, if course we are aware that it doesn't make it go away but realistically what are we able to do, to reverse this societal race towards an unknown but terrifying future.

My personal way of facing this reality is to promote friendships with as many people as I can.

This, to me anyway, is a positive way forward. By understanding different cultures and enjoying their company is, surely, a way that promotes tolerance.

The other way is where Lynn and I plant and nurture trees.

This will be a gift of nature to future generations and already we see every week more people using the paths we have helped to establish for sheer enjoyment. Cyclists, dog walkers..and best of all people with children. The trees are growing and in some areas we are now able to envisage how the woods will look in the future. This is a small way that we can possibly redress the folly of man. We are not alone in our thoughts and we are surrounded by like-minded volunteers..friends and fellow human beings.

Believable contrasts!!!

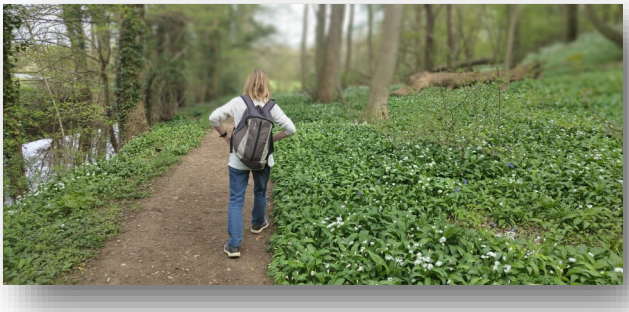
Ralph..April 8th 2026

Every year we drive out to see the bluebells at Langley Wood in HeartsWood Forest , Sandridge, near St. Albans. This year we chose the right time as there was a wonderful display with birds singing, sunshine and very few people

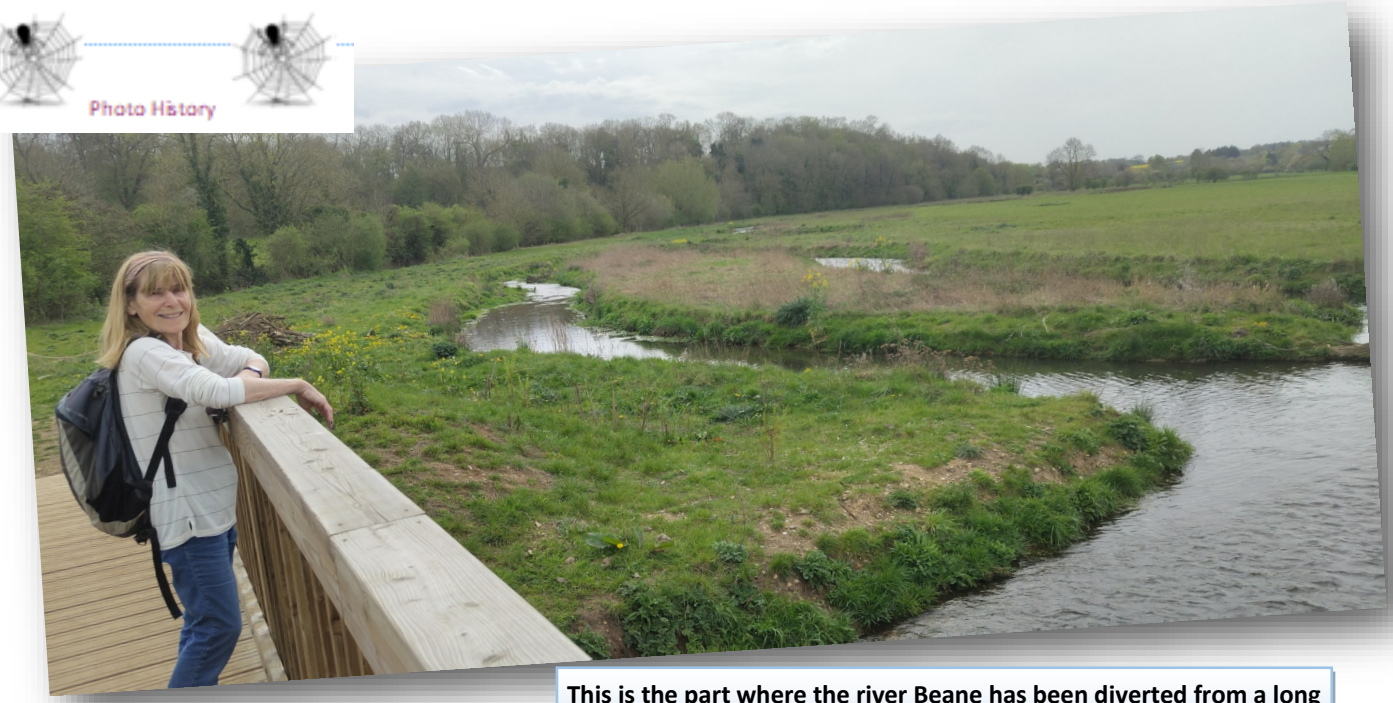
It is one of those places where one has to be there to fully enjoy the beauty

The Beane is a chalk stream in Hertfordshire and we go every year to collect wild garlic (but is it too early for elderflower)

It is amazing how the bluebells and wild garlic totally cover the sloping river bank



The chalk riverside walk from Bull Mill ,where we park , to Stapleford along the Beane is special and we continue to the grounds of The Woodhall Estate which has been in the same family owner-ship for over 200 years.

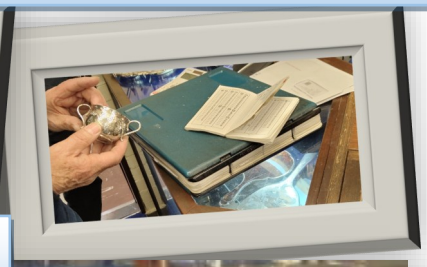


This is the part where the river Beane has been diverted from a long line to allow it to meander and it's slowly looking like it should

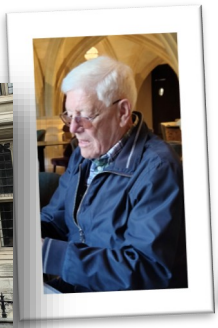
A119
Stapleford Marsh
Gobions Lane
STAPLEFORD
Southend Farm
Church Lane
Stony
River Beane
Sacombe Road
High Road A119
To Waterford Marsh

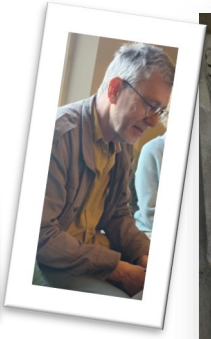
A 'wives and all meeting at Delisimo in April '26

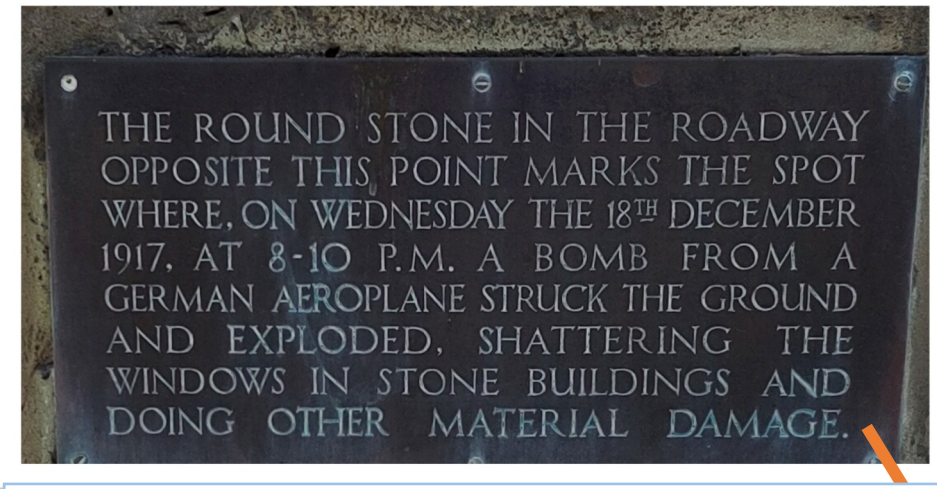
Beneath Chancery Lane are The London Silver Vaults with more than 30 specialist shops with the world's largest retail selection of fine antique and contemporary silver. They opened originally in 1876 as a secure storage space for the wealthy



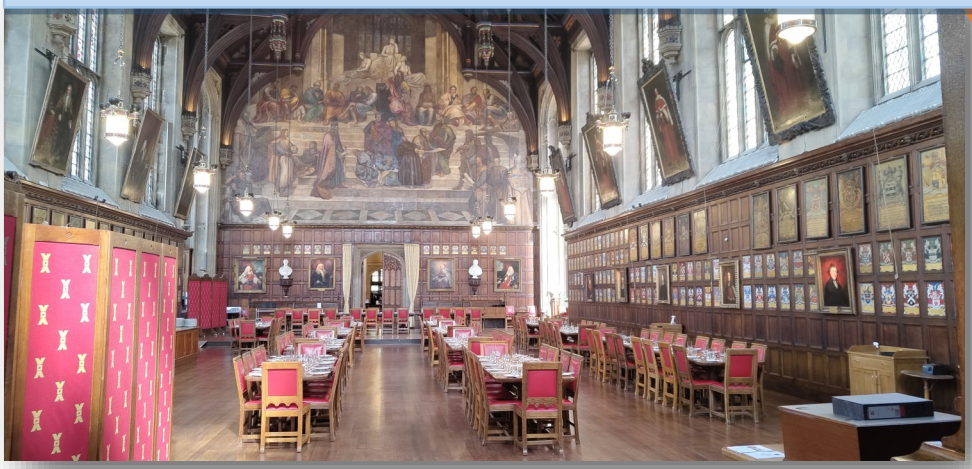
This is a cordial cup from the 1500's and valued at over £2000



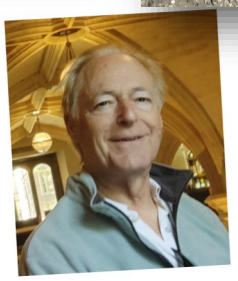


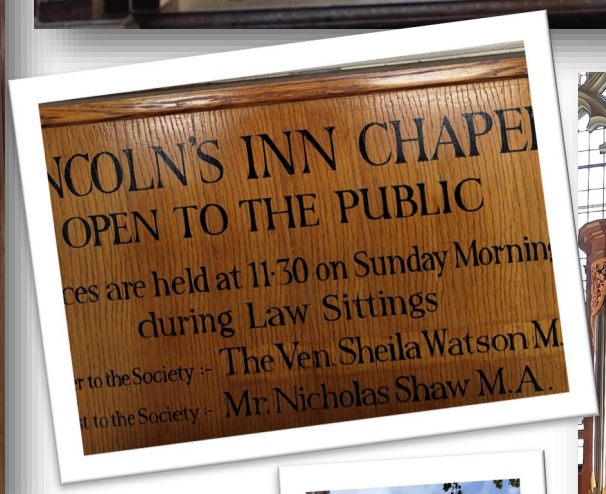


Roy guided us (Lynn and myself, Bob and Jo, and Monique & Martin) for a whistlestop tour of The Inns of Court culminating at Middle Temple for a great buffet lunch

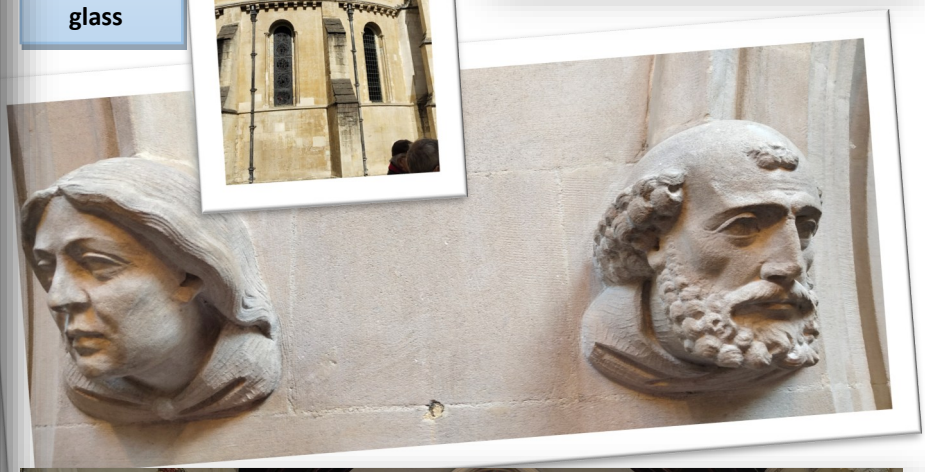


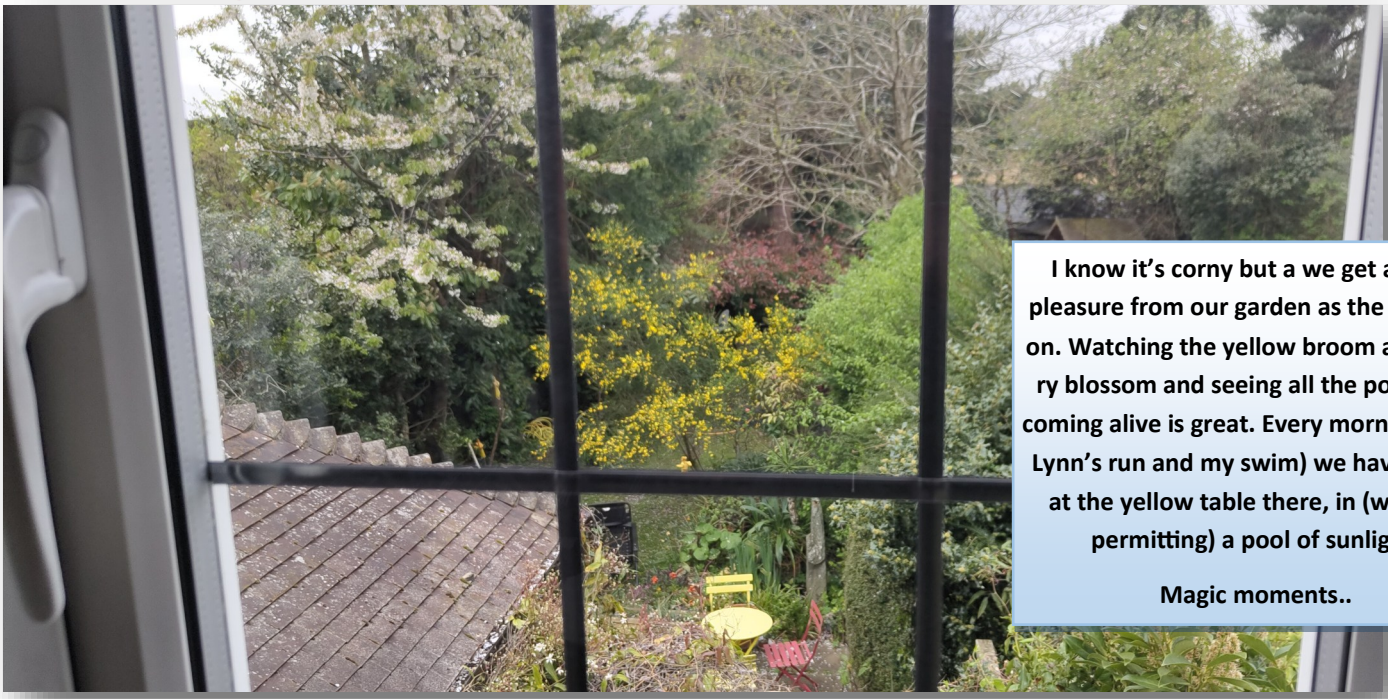
LSE (was originally The Land Registry)





Lincoln's Inn Chapel with its wonderful old stained glass





I know it's corny but a we get a lot of pleasure from our garden as the years go on. Watching the yellow broom and cherry blossom and seeing all the pot plants coming alive is great. Every morning (after Lynn's run and my swim) we have coffee at the yellow table there, in (weather permitting) a pool of sunlight.

Magic moments..

On a nice day like this there are over 300 Park runners waiting for the 'off'

Judy's birthday celebrated at an Abba tribute evening at The Jolly Farmers in Enfield

Judy always requests everyone's' left overs which (she says??) are taken home for Django their dog

Neatly boxed for onward travel

Django's in for a treat tonight!

Sorry about the ori-
entation but this
panorama of
Grovelands seemed
to need a bigger
viewing area

A salutatory lesson in life...always check your car rental car contract before signing .

April 22nd saw us (volunteers) suitably attired in our green and white new tee shirts removing the last of the self-seeded goat willows and completing the path

From the top corner of the field the new path has now been cleared. It (hopefully) will be kept strimmed and maybe the 'trips' cut away for safety and a great fascinating new delightful vista will be opened up for walkers with our 'twigloo' and dry fencing matured in years to come. The surrounding small trees there seem quite established already

The various stages

April.2026

We took trains and buses to Bristol to celebrate Beau's 22nd birthday. (Unfortunately we chose tube strike day so it entailed 7 trains and two buses for the round trip

Hart's great bakery next to the station..fantastic atmosphere and baked goods

DPO's great boat in the middle of it's refurb (in Bristol harbour)

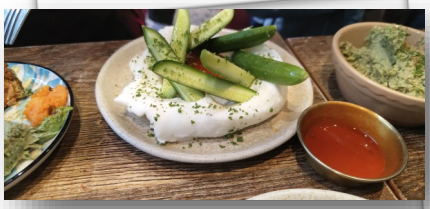
The great Marine Sea pool where DP often swims (replenished by the tides)

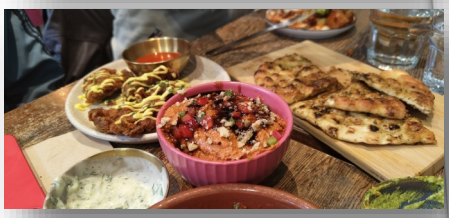
The lovely cliff path above Cleveden

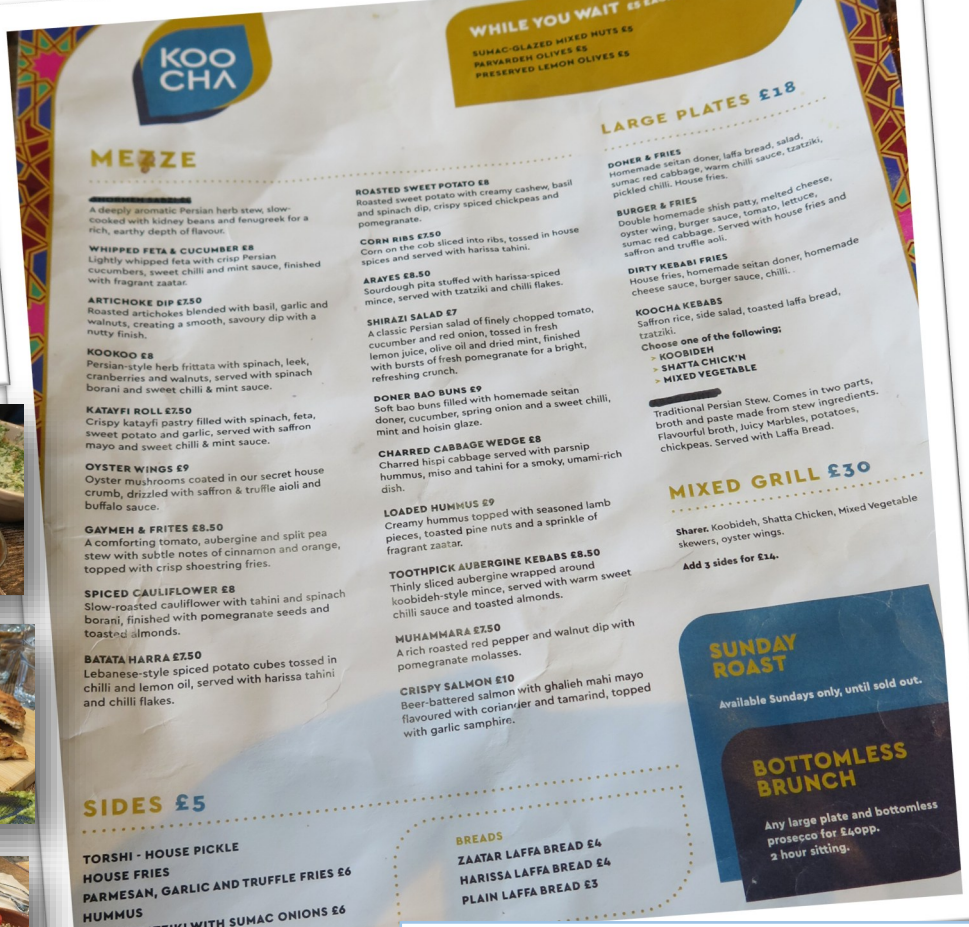
Along the cliff path

A drink at the microbrewery opposite where Beau works

Enjoying the best vegan meal ever







KOO CHA

WHILE YOU WAIT £5 EACH OR 3 FOR

SUMAC-GLAZED MIXED NUTS £5
PARVARDEH OLIVES £5
PRESERVED LEMON OLIVES £5

MEZE

A deeply aromatic Persian herb stew, slow-cooked with kidney beans and fenugreek for a rich, earthy depth of flavour.

WHIPPED FETA & CUCUMBER £8
Lightly whipped feta with crisp Persian cucumbers, sweet chilli and mint sauce, finished with fragrant zaatar.

ARTICHOKE DIP £7.50
Roasted artichokes blended with basil, garlic and walnuts, creating a smooth, savoury dip with a nutty finish.

KOOKOO £8
Persian-style herb frittata with spinach, leek, cranberries and walnuts, served with spinach borani and sweet chilli & mint sauce.

KATAYFI ROLL £7.50
Crispy katayfi pastry filled with spinach, feta, sweet potato and garlic, served with saffron mayo and sweet chilli & mint sauce.

OYSTER WINGS £9
Oyster mushrooms coated in our secret house crumb, drizzled with saffron & truffle aioli and buffalo sauce.

GAYMEH & FRITES £8.50
A comforting tomato, aubergine and split pea stew with subtle notes of cinnamon and orange, topped with crisp shoestring fries.

SPICED CAULIFLOWER £8
Slow-roasted cauliflower with tahini and spinach borani, finished with pomegranate seeds and toasted almonds.

BATATA HARRA £7.50
Lebanese-style spiced potato cubes tossed in chilli and lemon oil, served with harissa tahini and chilli flakes.

ROASTED SWEET POTATO £8
Roasted sweet potato with creamy cashew, basil and spinach dip, crispy spiced chickpeas and pomegranate.

CORN RIBS £7.50
Corn on the cob sliced into ribs, tossed in house spices and served with harissa tahini.

ARAYES £8.50
Sourdough pita stuffed with harissa-spiced mince, served with tzatziki and chilli flakes.

SHIRAZI SALAD £7
A classic Persian salad of finely chopped tomato, cucumber and red onion, tossed in fresh lemon juice, olive oil and dried mint, finished with bursts of fresh pomegranate for a bright, refreshing crunch.

DONER BAO BUNS £9
Soft bao buns filled with homemade seitan doner, cucumber, spring onion and a sweet chilli, mint and hoisin glaze.

CHARRED CABBAGE WEDGE £8
Charred hispi cabbage served with parsnip hummus, miso and tahini for a smoky, umami-rich dish.

LOADED HUMMUS £9
Creamy hummus topped with seasoned lamb pieces, toasted pine nuts and a sprinkle of fragrant zaatar.

TOOTHPICK AUBERGINE KEBABS £8.50
Thinly sliced aubergine wrapped around koobideh-style mince, served with warm sweet chilli sauce and toasted almonds.

MUHAMMARA £7.50
A rich roasted red pepper and walnut dip with pomegranate molasses.

CRISPY SALMON £10
Beer-battered salmon with ghalieh mahi mayo flavoured with coriander and tamarind, topped with garlic samphire.

LARGE PLATES £18

DONER & FRIES
Homemade seitan doner, laffa bread, salad, sumac red cabbage, warm chilli sauce, tzatziki, pickled chilli. House fries.

BURGER & FRIES
Double homemade shish patty, melted cheese, oyster wing, burger sauce, tomato, lettuce, sumac red cabbage. Served with house fries and saffron and truffle aoli.

DIRTY KEBABI FRIES
House fries, homemade seitan doner, homemade cheese sauce, burger sauce, chilli.

KOOCHA KEBABS
Saffron rice, side salad, toasted laffa bread, tzatziki.
Choose one of the following;
- KOOBIDEH
- SHATTA CHICK'N
- MIXED VEGETABLE

Traditional Persian Stew. Comes in two parts, broth and paste made from stew ingredients. Flavourful broth, Juicy Marbles, potatoes, chickpeas. Served with Laffa Bread.

MIXED GRILL £30

Sharer. Koobideh, Shatta Chicken, Mixed Vegetable skewers, oyster wings.

Add 3 sides for £14.

SUNDAY ROAST

Available Sundays only, until sold out.

BOTTOMLESS BRUNCH

Any large plate and bottomless prosecco for £40pp.
2 hour sitting.

SIDES £5

TORSHI - HOUSE PICKLE
HOUSE FRIES
PARMESAN, GARLIC AND TRUFFLE FRIES £6
HUMMUS
FRESH TZATZIKI WITH SUMAC ONIONS £6
JEWELLED RICE

BREADS
ZAATAR LAFFA BREAD £4
HARISSA LAFFA BREAD £4
PLAIN LAFFA BREAD £3

We ordered 15 meze dishes from the 18 available and we all totally enjoyed the taste and variety

Merlin , DP's great friend joined us too

A different Bristol

FIAT
KIRA
FIAT
CREAM

SWC
WFG
SG